

UNITY DAILY WORD

PAGE OF SUNSHINE FOR EACH DAY



POPE
PEACE
HEALTH
PROSPERITY

15¢ A COPY
1.50 A YEAR

**AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY
September 20 to October 19**

God's understanding quickens and increases my understanding, and I know the Truth.

The life in Christ quickens and releases the life in me, and my youth is renewed.

The rich substance in Christ releases and liberates the rich substance in me, and my innate prosperity is made manifest.

Single copies of *Unity Daily Word* may be obtained at news stands, at 15 cents. Subscription, \$1.50 a year.

Unity School of Christianity also publishes *Christian Business, Youth, Wee Wisdom, Unity, and Weekly Unity*. Each subscription \$1.50 a year. One other publication, *Unity Sunday School Leaflet*, is \$1 a year.

Requests for the ministrations of Silent Unity and love offerings for prayers for health and prosperity should be addressed to the Unity School of Christianity, Silent Unity Department.

Subscriptions, renewals, requests for prosperity banks, changes of address, book orders, or checks and money orders for publications should be sent to Unity School of Christianity, Publishing Department.

When requesting us to **CHANGE YOUR ADDRESS**, please be sure to state which of our six magazines you are receiving, and whether you are now using a Prosperity Bank. This will assist us very much, and also make sure that your address is changed on all lists affected.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.

Vol. XVII
No. 4



OCTOBER
1932

UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold yourself as a son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

HOUSES FOR THE SOUL TO LIVE IN

To get peace, if you do want it, make for yourselves nests of pleasant thoughts. None of us yet know, for none of us have been taught in early youth what fairy palaces we may build of beautiful thoughts—proof against all adversity—bright fancies, satisfied memories, faithful sayings, treasure houses of precious and restful thoughts which cannot disturb, nor pain, make gloomy, nor poverty take away from us—houses built without hands for our souls to live in.—*John Ruskin.*

A DAY WELL SPENT

A prayer-poem

O LORD, I pray that when tonight
I see the last of western light, that I
may have this sweet content: "Today
has been a day well spent." That I may
feel I've lessened pain and grief and
want and mental strain of some lone
trav'ler, as I ought, by sharing with him
strength'ning thought; that life to him
has been more bright, and that I come
to greet the night with the assurance
that my aid has made another less
afraid, has helped him well with courage
strong throughout the day, though
seeming long, that by my thought and
help and word someone has found the
force that stirred him to endeavor and
to gain the prize he cherished, without
pain. If but to one my strength is lent,
I'll think today's a day well spent. Amen.

THE LAUGHTER CURE

SURELY there is tonic, stimulant, and cure in laughing. Solomon was right when he said: "A merry heart doeth good like a medicine." Even our modern physicians realize that their pills and potions, drops and drugs, must have the assistance of a cheerful disposition, the desire to live, the right mental attitude. When the doctor can get the invalid to smile, he knows that he has his patient's coöperation.

One time we were told about a man who, through a series of circumstances, had to go to the Northwest timber country to work. Previous to the change, he had been a man in good physical health, always surrounded by happy companions. In the new position, he found that he would need to live a life almost like that of a recluse, often alone for a week or two at a time, deprived of friendly associations. Fortunately, to his liking, he had considerable time for research work and study.

Soon after he was settled, he underwent a change in his health. He added to his work various kinds of physical exercise, but gradually there developed a condition which seemed to be a sluggishness in liver, stomach, and intestines. He found himself longing for companionship. He wondered why those who live as hermits lack the keen zest of living. At this point, there dawned upon him the realization that he rarely laughed.

In his old life, joy and happiness had played active parts. Now he was mentally and physically hungry for them. He went to call on the

nearest neighbor, who lived miles away, and found him to be one of nature's philosophers. During the course of the visit, the guest mentioned that his new life seemed to lack something and that his health was being impaired because of it. Imagine his surprise when his host said, "You will need to learn to laugh and be happy even though you are alone." The visitor said he had thought the same thing, but that he was not unhappy.

The man whom he was visiting went on to say that he found something to laugh about several times a day at least. He said he had discovered that laughing relaxes mind and body, and stirs up body forces, as nothing else can. Then he suggested that the visitor try to laugh with real zest and see what happens. The visitor soon found that he breathed more deeply and that his stomach and intestines were benefited. He saw that no system of mere physical exercise could be so effective. Next, the visitor was told to try to reproduce the physical processes at will. This he did, and he could feel the laughing exercise stirring up the forces of his stomach, liver, and intestines. He was aware of new life surging through his body. He had discovered the laughter cure. He had found a new way to retain his health.

Yes, "A merry heart doeth good *like* a medicine," and even if there is need for physical treatment, we must give the merry heart credit for what it can do. Those who are a little slow in getting results from metaphysical treatment,

who are a little too serious in their zeal to find health in this way—they can profit by the laughing cure. They need to be less serious, more happy. They need to laugh often and to stir up the bodily forces through the laughing exercise.

A person never "gets" religion until he can laugh heartily. If there seems to be nothing to be happy about, then the person must find something. Man was created to be happy. If he does not laugh and smile occasionally, something is lacking in his life. Certainly, the deprivation crops up in his physical life.

At this point, you may say, "But I am not unhappy and still I do not feel so well." It is well to remember, however, that not being unhappy is purely a negative state. It is not the same as being happy. Mentally and physically, you need the stimulus which comes from laughing. Association with other persons, those of a happy disposition, will give you the most frequent opportunities for it. If you are alone a great deal, like our friend, the recluse, then you will need to try his laughing exercise. You will need the good medicine your merry heart can give you.

The jovial disposition easily associates itself with health. We always feel better after chuckling over a humorous story. We feel that we have opened the flood gates to release a certain inner joy that has been dammed up. Laughter spreads a contagion of health.

THE WIDOW'S HUSBAND



WIDOW, who had grieved for many years over the death of her loved one, one time lost a cherished photograph of him while on a journey. The added loss seemed almost unbearable. A fellow passenger offered her a little metaphysical magazine which he thought would be a source of comfort to her in her distress. In this magazine she found two things, a picture of Jesus Christ and the Biblical quotation, "Thy Maker is thy husband; Jehovah of hosts is his name." The quotation was entirely new to her, and at first she questioned its being from the Bible.

This woman had spent years of her life grieving over a personal loss. In almost an instant, her viewpoint changed. She accepted Jesus Christ as her husband! She gave her love, her every thought to Him. In return, love and joy flooded her soul. She was like the old monk who fell in love with Mary, the mother of Jesus, and always carried her image in his heart as a lover carries a photograph.

Those who are in love have no place in their minds and in their hearts for thoughts of hate, fear, and evil. Those who are in love live in an aura of love. The widow, who formerly had lived a life of seclusion, grief, and negation, fell in love with Jesus Christ, who is love itself. She saw that the passing of the one for whom she had grieved had plunged her into a life of bondage and grief. She saw that her accepting Jesus Christ as her husband opened up to her a life of freedom, love, and joy. She went back into the world of her friends with a new light in her

eye, a new joy in her heart. The bondage to personal love, personal consciousness, was gone. Through Christ she had found universal love and she loved all persons. She was determined to make up for the time she had lost through grief by making the lives of others happier and more worth while.

She began to feel herself free from negative thoughts. Her mind, formerly occupied with thoughts of rebellion, injustice, sorrow, and defeat, now gave itself to thoughts of life and joy. She found she was meeting life with a new front, a new force, a new sense of victory.

She learned to refer all her affairs, all decisions and questions about business, to the Spirit of Christ just as she had formerly relied upon her husband, for Jesus Christ became a living reality to her. She thought of Him as by her side all day long, shielding and protecting her, comforting and encouraging her, loving and cheering her, guiding and directing her. She slept at night in His loving presence, infolded in His love and tender care. She lived for months and months in this realization.

One day a friend whom she had known in her school days came to her like an apparition out of a previous life. He had had an experience somewhat similar to hers. In time he became her husband. Both of them, being freed from a certain bondage of personal love and immersed in the great universal love of Christ, were ready to enter into an unselfish relationship, an association whereby Christ was the

head of their house.

Had this woman in her grief taken another husband at the time, she probably would have carried her grief with her into her new home. Having found herself and Christ within her, she found a companion with whom she could associate in a higher consciousness. Those who for any reason are thwarted in their experience of personal love must find a higher love. They must find the Christ consciousness of love and through it find the right personal relations. Those who grieve because others do not love them must, for the time being, depend upon the love of Christ. Certainly, their lives should not be shattered, careers disturbed or sacrificed, because of a seeming failure in personal love.

We cannot compel others to love us but we can rise to the high consciousness in which only the love of Christ matters. We can rise to that consciousness in which we shall see all things and have all things explained from the standpoint of the love of Christ.

Grieving over misadventures in personal love and personal associations is a very foolish piece of business. As long as you are in personal consciousness, you will not merit love. Let the Spirit of Christ represent love to you and help free you from personal consciousness.

The love of Christ alone can explain to you life and its complexities. Only such a love can restore you to joy if you have allowed yourself to go into the valley of despair. Let the love and joy of Christ work its magic in you.

BREATHE DEEPLY



EXPEL from your lungs and the innermost depths of your being every evidence of impurity. Cast out every thought of fear and drink deeply of the courage-giving breath of the Holy Spirit. Cast out every sense of foul disease and breathe in the wholesome, life-giving breath of God, who created and formed you. Never let foul air, foul thought, enter the sacred precincts of your inner being for it is divine.

Cast from you every thought of sin that belongs to the past. Breathe deeply of the forgiving, freeing, restoring love of Christ. Cast from you the foul air of yesterday that lurks about unpleasant memories. Live in the sunshine of today, in the ever-renewing breath and life of today's glorious splendor. Breathe deeply of that which lives today within you, the life of God.

Exhale from the innermost parts of your soul every trace of that which is unwholesome, ignoble, undesirable. Let your soul breathe anew. Let it expand itself and spread its wings as would a bird released from close confinement. Let your soul breathe the rarefied air of heaven, the glory of your knowledge of all things divine. Expel from your heart every impure thought and feel coursing through you the life, new force, new blood, new strength of God.

Let your mind be purified, cleansed, washed, and whitened. Let even your most secret thought be exposed to the sun of Truth and every impure germ, every unholy thing, be de-

stroyed. Expose to the rays of Truth your most secret belief or practice and be healed and cured of its debasing influence. You are to glorify God. You are to behold, in yourself, your inmost perfection revealed to you in Spirit. Drink deeply of this knowledge.

Today you are to purge from your mind every limiting belief you hold about yourself. Drink deeply of Truth, which signifies to you your unlimited possibilities and opportunities. Let the great exorcism now take place as you release from your consciousness all that is unworthy of standing in the presence of God. Drink deeply of all things beautiful. Breathe deeply of all things lovely, radiant, and divine.

You are to release from mind every limiting thought about your family, your neighbors, and your associates. Your mind is to relent from thinking black and heavy thoughts about others. Drink deeply of the realization that your loved ones and associates are now revealed to you in your consciousness as they have always existed in the sight of God. Breathe deeply of the love of God and say "Love" to them.

Say to that part of your body which has been weak or diseased, "Be ye purified." Cast from it all sense of impurity, disease, and weakness. Realize that it, too, is breathing deeply of the life and perfection of God. Know that it is tingling with the presence of the sacred breath, the Holy Spirit. Learn to live in that high realization in which the living breath of heaven creates, renews, and fructifies.

"CHRIST IN YOU"



CHRIST in you is that conviction and assurance that you are mightier than all claims of the world over you. This presence assures you that the belief in fear cannot touch you. You are the "untouchable" because nothing in the world can harm Christ in the midst of you. You are the unlimited since Christ in you is ever the absolute. He who abides in the midst of you is mightier than personal problems, mightier than circumstances, mightier than the claims of things.

Christ in you is that which says to you (and convinces you) that you are well when men around you think that you are ill. His science of Truth takes precedence over their vain philosophy. He causes you to know that you are perfect and strong when, to limited sense, you have believed yourself to be imperfect and weak. Christ in you is ever victorious.

Christ in you assures you that all is well, even though the world about you seems convinced of impending disaster. When ignorant and unenlightened men believe in the power of contagion, pestilence, and want, Christ in you strengthens your faith in Him—your faith in God, peace, love, life, and supply.

"Christ in you, the hope of glory," is your persistent hope and expectation of all things heavenly appearing to you in visible and tangible form. Through Christ your every hope is rewarded, your every desire fulfilled. Nothing of heaven's best can be denied the Christ. He is the Son in whom heaven is well pleased, this

Son of God within you. He looks upon your life, your environment, your world, and it becomes pleasing to Him, it is lifted up to meet His highest approval.

Christ in you is that which lifts you above things sordid and unlovely. That which is heavenly in you calls for that which is of heaven. That in you which is the Christ must behold His own loveliness ever within and about you.

Christ in you renews your courage when, to sense, you are ready to give up, fail, or fall. When your personal self would turn back, Christ in you gives you the added courage and strength to go ahead, to finish your work, to win the prize. When loved ones about you fail to see your vision, Christ understands. When you become impatient with self, Christ renews and renews with courage.

As we declare to you the presence and power of Christ in you, the nothingness and powerlessness of all else, there dawns upon you the mighty, mystical thought, "Christ's in me!" When men would try to convince you that evil, disease, or fear is within you, there comes that assuring thought, "Christ's in me!" When you need more life, more courage, more strength, there dawns to your consciousness the mighty realization, "Christ's in me! Life, courage, strength in me!"

With this mystical truth in your heart, you cannot fear, cannot be diseased, cannot fail, cannot want. Why? Christ's in you!

SATURDAY, OCTOBER 1

*All anxiety is now cast from my mind
because the Spirit of God has relieved
me from all worry.*



WHEN WE place ourselves and our affairs in God's keeping, we are relieved from worry and anxiety. We come to the realization that a power higher than that of our personal selves is in charge of our lives. We realize that no external thing can cause us to worry when we are established in the consciousness that all is well.

If you are worried today, it is because you entertain the belief that persons, things, and circumstances can affect, can injure you or your affairs. You believe more in the power of external things than in the power of God in the midst of you. You believe that some situation can prove to be too much for God. The solution of your problem lies in your placing yourself and all your affairs in God's keeping.

Think of yourself as free from all worry and anxiety. Know that you are God's child and that He takes care of you. Place your affairs in His charge. Having done this, you need no longer worry about them. You cease to be anxious when you give up the belief that things can disturb you or your life.

Cast thy burden upon Jehovah, and he will sustain thee.—*Psalms 55:22.*

SUNDAY, OCTOBER 2

My faith in God, the good, in the midst of me, wipes out every trace of doubt or unbelief. I have faith.



FAITH in God, the good, relieves us from doubt. Believing in God, we cease to believe in evil, sin, disease, and failure. Our faith in God must be undivided. When we believe in the power of good, we cease to believe in the so-called power of evil.

No one is without faith in something. A person has faith in God or else he believes in the power of adversity. He has faith in God as his health or else he believes that, in some way, God produces ill health. He has faith in God as the power that causes him to be prosperous and successful or else he thinks that God, in some fashion, could bring about a condition of lack and failure.

Do you want to increase your faith? Do you want to have faith in God to the exclusion of doubt and unbelief? Then think often of God, the good. Cease to think of evil, fear, disease, and failure, and, above all, cease to have faith in their alleged power. To have faith in God you must not believe in any opposite of Him.

Your faith in the good will increase as you continue to think of the good to the exclusion of all else.

Great is thy faith: be it done unto thee even as thou wilt.—*Matt. 15:28.*

MONDAY, OCTOBER 3

The freedom of the Spirit of Christ within me has liberated me from all sense of bondage. I am free.

FREEDOM is as natural to man as is his having life. Man is inclined to think of his limitations and, consequently, comes to the place where his limitations seem quite real to him. He begins to think of his bondage as his natural state and becomes reconciled to it.

Deep within man is always an urge to be free. There is an inner restlessness which only freedom can quiet and satisfy. In his heart of hearts he knows that there is something false and unnatural about bondage. He experiences an inner rebellion against anything that brings about bondage to any extent. There is ever within him the knowledge that he is free.

You will experience great freedom in mind and in body when you realize the truth of your perfect freedom. When the thought of bondage is dispelled and replaced by the truth of freedom, then you will be free. Nothing can prevent you from being free when the belief in bondage is cast from the mind. The Spirit of Christ in you is ever free, and you will be, too, when you know Truth.

If therefore the Son shall make you free, ye shall be free indeed.—*John 8:36.*

In Truth, God, the good, is the only presence and power in my life. My life is filled with good.



WE FILL our lives with good by thinking of God. We cause evil to appear by thinking evil thoughts. We can see that our thought must be centered on the good if we desire it to manifest. We must think of God as the only presence and power in Truth if we are to expect nothing but good in our lives.

If you think often of evil conditions you help to increase them; you cause them to appear in your own life. When you seek evil, you find it. Your own belief in evil is objectified as the thing sought. As long as you believe in evil, you cannot get a clear realization of the omnipotence and omnipresence of God.

According to absolute Truth, there is only God, only good. Until man realizes this and establishes it in consciousness, he believes in evil as a reality, as something that produces adversity in his life. He may even ignorantly believe that evil is an adverse power apart from his own negative thinking.

To believe that there is only God is to realize that there can be nothing unlike Him, no reality in evil, no power in fear, disease, and failure.

We have done unto thee nothing but good, and have sent thee away in peace.—*Gen. 26:29.*

WEDNESDAY, OCTOBER 5

The joy of Christ within me causes me to rejoice, and my world is filled with naught but joy.

IF YOU would be joyful, find the source of true joy within you. Cease to think that persons or things of the external world can give you joy. Cease to think that they can take your joy from you. Centered in the joy of your indwelling Spirit, that within you which is eternally divine, you cannot be sorrowful or depressed.

The joy of Christ within you is never baffled. No external circumstance can cause it to be decreased or changed. When you are established in such a joy, no one can take it from you. No situation, event, or circumstance can cause you to lose sight of the indwelling presence of Christ.

The change from sorrow to joy is but a change of mental viewpoints. We come to see the nothingness and powerlessness of that which has seemed to depress us or rob us of joy. With our thought upon that which contributes even a small amount of joy to our life, we find our joy increasing.

Jehovah thy God is in the midst of thee, a mighty one who will save; he will rejoice over thee with joy; he will rest in his love; he will joy over thee with singing.—*Zeph. 3:17.*

Conscious of the life of Christ within me, I realize the presence of bountiful life.



IFE, the presence of God, is within us. As we meditate upon this indwelling life, as we think of it as our life, we become conscious of more life. We become more alive as we think about our relation to the life of God.

Do you seem to lack life? You can lack only in the consciousness or realization of life. You have more life as you think about it and appropriate it. You will find that you are no longer exhausted and weary when you learn to lay hold of the life of Spirit within you. You will be refreshed by this gift of heaven.

Understanding that life is within you, that it increases through your thought and word, that it is always yours to enjoy, you gain a new conception of life. You cease to think of life as something limited or coming to an end. You locate God as in your very midst and know that you are one with Him and with His life.

Living in the realization that God is within us as bountiful life, we cannot lack life. We cannot be ill, weary, or fatigued when we realize that God's life is our very own. His life is ever ours, and we cannot exist without it.

Understanding is a wellspring of life unto him that hath it.—*Prov. 16:22.*

FRIDAY, OCTOBER 7

I see in my body the health and perfection of Spirit now coming into manifestation.



THINK of your body as whole and perfect. No longer behold in it any evidence of disease or weakness. Do not see within your body or upon it anything that you do not want to manifest there. What you visualize will be outpictured. That which you see in your mind's eye will materialize.

In your body you can embody all your ideas of life, health, strength, and perfection. In order to do this, you must no longer think of your body as physical, material, carnal. You must realize that your mind and spirit are now evolving a mental and spiritual body which is a refinement of that which you have conceived of as physical.

If you think of your body as a habitation of weakness, contagion, and disease, then it will become so to you. Your every thought of physical limitation will manifest as physical limitation. If, on the other hand, you realize that your body is the temple of health, strength, and perfection, this will manifest.

The lamp of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.—*Matt. 6:22.*

SATURDAY, OCTOBER 8

The love of God now expressing itself in my heart makes me loving at all times.

DIVINE LOVE is ever active at the heart of our being. We may hate or fear, we may think of ourselves as lacking in love, but God's love continues to express itself through us. Even when we seem most unloving, even when we appear to lack love most, we may know that God's love is ever with and within us. We have but to turn away from the belief in fear and hate, in order to experience love.

The love of God is the most constant thing in all the world. Nothing ever changes or diminishes it. Nothing can cause it to be withheld from us. When we are unloving, we turn away from God. When we love, we but make ourselves channels through which God expresses Himself.

Cease to think that it is difficult for you to love. God loves easily. When you no longer identify yourself with unloving thoughts, love will have an open channel through which to find expression. God will find you open and receptive to His love, willing to be loved, willing to let love radiate through you.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

There is no fear in my heart. I am filled with the courage and fearlessness of Christ.



WIPE all belief in fear from your heart. Do not fear persons, things, failure, or the future. When you fear anything, you endow it with the power to frighten you. Your adverse mental attitude makes the thing you fear manifest in your life. Your fear thought is objectified as something to fear.

In Truth you are strong and courageous. When you realize this, you cannot be afraid. You will not fear any person or anything when you cease to believe in fear and realize the truth of your own indwelling courage. Nothing can make you afraid when you realize that there is nothing in all this world for you to fear. No person can cause you to quake with fear in his presence, if you live in the realization of your inherent courage.

To be courageous, you must turn from the belief in fear and think thoughts of courage. You must give up all thought that anything can make you afraid. You must not believe in failure or in future disasters. You must know that you are master over your world. You must realize that you are established in the Truth and courage of Christ within you.

Neither fear ye the people of the land . . . Jehovah is with us: fear them not.—Num. 14:9.

New thoughts fill my mind and introduce me to a new world—new viewpoints, new opportunities, new life.



EW THOUGHTS refresh the mind and relieve us from monotonous thinking. Were we to continue thinking thoughts which we have outgrown in our soul's progress, were we to permit useless and crystallized thoughts to remain in mind, we should become mentally stale. The study of Truth gives us new ideas—a new presentation of God, a new concept of religion, a new philosophy of life.

If we live in old and useless thoughts of the past, then we do not actually live in the present and enjoy its newness and its new viewpoints. Today has new thoughts for us. We derive a great deal of good from new ideas because they bestow upon us a vitality and freshness which old and useless ideas cannot give.

New thoughts give us a feeling of being mentally renewed. In turn, we are aware of a feeling of newness in our body and affairs. New thoughts, when unhampered, express themselves through us into our world. A new idea, regardless of its practicability, always possesses power.

Sing unto him a new song.—*Psalms 33:3.*

TUESDAY, OCTOBER 11

My every thought now conforms to the mind of God and I think thoughts of Truth.



THE MIND of God, the mind of our Father, is the ideal mind by which we should measure all our thoughts. Instead of thinking limited thoughts—thoughts of fear, hate, disease, sorrow, and failure, we must learn to think the thoughts of the Christ mind inherent in us.

Our redemption from adversity lies in our redeeming ourselves from adverse beliefs. This process takes place through the action of Christ within us. We feel the urge to think higher thoughts, thoughts of Truth, thoughts like unto the mind of God. We give up the negative thought, losing sight of it as we increase in understanding.

We can make our thoughts conform to the mind of God only by knowing Truth. We discover that we have a standard by which we must measure our thoughts. We find that in thinking thoughts of hate, fear, failure, and disease we are thinking contrary to Truth, the mind of God. We know Divine Mind solely through spiritual consciousness, and as we enter this high consciousness, we are able to think the thoughts of God.

Thou wilt keep him in perfect peace, whose mind is stayed on thee.—Isa. 26:3.



*"He will give his angels charge over thee,
To keep thee in all thy ways."*

HOLY THOUGHTS



HOLY thoughts—angels of heaven — attend you. They come to you charged with all wisdom, light, peace, and love. They come as ambassadors from heaven's court charged with sacred trusts and duties—those of illuminating, protecting, loving, guiding, and healing you. They have complete charge over you, and no power of the world can enter their domain. They recognize no presence but the presence of God in you. They know no power but the power of heaven, the power of good. They infold you in their robes of purity and peace, and no evil can come nigh you. High and holy thoughts hold you in their embrace, and you cannot escape from joy and life and love.

WEDNESDAY, OCTOBER 12

God, the law of good, now rules my life completely, and I know that I am governed solely by Him, His law of good.

WE ARE ruled by the law of good, the law of God, when we are established in Truth. We cease to believe in any law of adversity, bad luck, or misfortune when we know that there is in Truth but one law, the law of good. To believe in a law of evil, a law of disease, a law of failure, is to be governed by it. If we think that any person can come under the government of a law of adversity, we think that we are likely to become that person.

We are governed by many laws, adverse laws, until we realize that in Truth there is but one God and one law—the law of good, health, and success. God has not placed man, His offspring, in misfortune or in bondage to adversity. Man is not ruled by adversity or adverse laws. God, the principle of Truth, is the only law that can govern man when he abides in the consciousness of Truth.

Realize that you are governed only by God, the law of good, and that through the operation of this law your life is being filled with all good. Place yourself under His government.

The law of Jehovah is perfect, restoring the soul.—*Psalms 19:7.*

THURSDAY, OCTOBER 13

The peace of heaven impregnates my mind and my world is filled with harmony.



IN ORDER to sense and experience the peace and harmony of heaven, we must clear our mind of thoughts which destroy harmony. By casting out negative thoughts, we make room for peaceful ones. By giving up the inharmony in which we believe, we experience the peace of heaven.

Peace can come only through peaceful thoughts. If, at this moment, you are thinking inharmoniously, then you are not peaceful. You will not enjoy peace until inharmonious thoughts are mastered and cast from mind.

The peace of heaven is expressed in your mind, the mind of a child of God, when it is open to heavenly benedictions. What greater blessing could come to you than that of enjoying such peace! Is not the matter of giving up inharmonious thoughts simplified when you consider such compensation? Would you not willingly relinquish a thought of fear in order to enjoy peace?

The peace of God is yours to enjoy when you enter spiritual consciousness and let peace be manifest in you.

My people shall abide in a peaceable habitation, and in safe dwellings, and in quiet resting places.—*Isa. 32:18.*

I now behold heaven, the presence of God, within me and know that I, too, abide in heaven.

DO YOU think of heaven as something for you to enjoy here and now? Do you visualize it as in your very midst—within you, and you in the midst of it? Just as long as you think of heaven as a thing apart from you, existing in some distant place and time, just so long will heaven be absent from your heart.

Heaven is a perfect state of harmony. We discover this when we find God in the midst of us. We discover that God is not separated from us neither are we separated from heaven. Having found heaven within ourselves, we discover that in Truth there is nothing but heaven—peace, love, health, and plenty.

Behold heaven in your midst and see yourself abiding in heaven and you will not live in inharmony, poverty, and disease. Be true to this vision. When conditions seem to be unheavenly, change them by retreating to the secret place within you where heaven is located. Above all, cease to think of heaven as something to be enjoyed after undergoing the experience of disease and death. Heaven is a state of wholeness, wholesomeness.

I was not disobedient unto the heavenly vision.—*Acts 26:19.*

SATURDAY, OCTOBER 15

*I patiently witness the work of God
now being done in me and in my life,
and I can be patient with Him.*



WE CAN be patient when we know that God is at work in us and in our affairs. Impatience shows a certain lack of faith in God. Certainly, the impatient person does not believe that God is taking care of him. Indeed, we display patience only when we can personally stand aloof from that which interests us most and witness through faith the work of God being done.

Patience shows a great deal of trust. The patient person trusts God more than he doubts His power to bring good to pass. Even when there is no visible sign of God's work being done, he knows that it is being done to his own glory and that of God. We can see that patience has a most definite reward. We are relieved of anxiety and doubt and compensated by the fruit of God's action.

If you seem to lack patience, think more of God. Think often of Him, His power and omnipotence. Think of Him as the only power in your life, and know that nothing can delay His work. Live in the consciousness that you do not have personal responsibilities. Let your trust in God be all-sufficient. Live in the realization that He will surely bring good to pass.

Patience in well-doing.—Rom. 2:7.

SUNDAY, OCTOBER 16

Through God, divine justice and supreme judge, I am assured of good judgment and divine justice.

DIVINE JUSTICE, when understood, occupies a place in consciousness which is secure from all belief in injustice. When we cease to believe that others can deal with us unjustly, when we no longer think of injustice as something that can become identified with us, we open the way for divine justice to do its perfect work. We rise out of personal consciousness, out of the attitude of mind in which we think of persons as having power to harm us, into the realization that God alone rules our lives.

If you believe that you are unjustly dealt with, if you think that injustice can have any place in your affairs, change your thought. Know that in Truth there is only God, only good, only justice. Know that God in the midst of you alone can take command of your affairs.

Good judgment comes through exercising your power to discern things in their right relation. You judge wisely and well when you realize that you have the power of discernment, good judgment, and accurate decision. In Truth, there are not two sides to a question; there is only the right side.

God is the judge.—*Psalms 75:7.*

MONDAY, OCTOBER 17

*The Spirit of God is ever with me,
blessing me with that which is for my
highest good.*



THE BLESSINGS of heaven are poured out upon us when we are receptive to them. We rise out of the belief that we can be deprived, for any reason, of God's blessings. We give up the belief that we are being disciplined when we do not receive His good. We know that to be blessed of God we have only to be receptive.

Do you crave some blessing—peace, joy, health, or prosperity? Then clear from your mind every negative thought which would prevent your enjoying it. Rise above any mental argument that this blessing is withheld from you, that you do not merit it, that you are growing in grace or spirituality through the deprivation. In Truth you glorify God when you are receptive to Him.

The blessings of God are yours to enjoy here and now. If you want a blessing, then you must enter that high heavenly consciousness in which blessings exist. You must be in the state of mind in which you can appropriate the blessing that is offered you.

Prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.—*Mal. 3:10.*

TUESDAY, OCTOBER 18

The perfection of the Spirit of God in the midst of me now manifests as my own perfection.

WE KNOW that in Truth we are created perfect. Only ignorance of this fact and adverse thought can cause us to fall short of this perfection. Only our belief that we are akin to something other than God can cause us to believe in fleshly heredity, physical limitation, and personal blemishes.

Something within us is ever saying to us, "You are not the thing of limitation, disease, and failure that you think yourself to be. You are perfect because as the child of God you are created in His likeness and perfection." This is the voice of Truth, the voice of Spirit. Instinctively we feel that in Truth we are not bound by limitations or the thought of imperfection. In Spirit we are made in the likeness of God, our Father of perfection.

If you would manifest that perfection which is yours as the child of God, cease to believe in imperfection, personal shortcomings, and limitations. Know that you are free from personal blemishes, shortcomings, and imperfections. Know that you manifest perfection to the extent that you can grasp the truth of perfection.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*

WEDNESDAY, OCTOBER 19

The light of God within and about me illumines me, and I know all that I need to know.



WISDOM and understanding are ours when we rise out of the belief in darkness and ignorance and turn to the light of Spirit. We can know all that we need to know when we identify ourselves with the inner knowing. All information that we desire and seek is ours when we realize the fact that we are one with the light of God.

What an incongruous situation it would be for man to be created in God's likeness, and then placed in the world without knowledge! Can you think of man as going through life's experiences without the light of God? Can you conceive of God placing man in the world in ignorance? We readily see that there is truth in the belief that God has placed His light in the breast of man, and man is enabled to go forth walking in the light of God.

Never think of yourself as ignorant. A child of God could not be ignorant. Turn your thought to the light of God within you and realize that you do understand and know. Turn to your own indwelling Spirit of wisdom and know that its light illumines your every thought.

If we walk in the light, as he is in the light, we have fellowship one with another.—I John 1:7.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY
October 20 to November 19

ILLUMINATION

*The Christ light clears my inner vision,
and I behold the good omnipotent.*

HEALING

*My mind is cleansed by Christ,
My life flows swift and strong;
The peace of God wells up within,
My soul breaks forth in song.*

PROSPERITY

*In my mind's eye I behold divine substance
supplying my every need, and I
now manifest prosperity.*

THURSDAY, OCTOBER 20

The healing power of God is now at work in me, and I am healed of every belief in disease, healed of its every manifestation.

HEALING, first of all, is a mental process. We are first healed of the belief in disease. The thought which outpictures as physical disease is wiped from mind through being neutralized by Truth. Mental healing, then, is the actual process of healing in its incipency.

When the belief in disease is cast from mind such a belief cannot work upon the body. The body is free from the offending thought, and the work of Spirit takes place. The normal processes of the body are free to act in a healing capacity when there is no thought of disease to prevent their doing so.

Physical healing depends on mental healing. Prayer is effective in healing because in prayer the mind aspires Godward, Truthward, and loses sight of disease. Healing through prayer is a most logical process and a very common event. Disease, as belief and as manifestation, is lost sight of when we meditate on our perfection in God. When we think of being created in the image and likeness of God, we cannot, at the same time, believe that we are created in the likeness of disease and weakness.

O Jehovah, heal me.—*Psalms 6:2.*

FRIDAY, OCTOBER 21

*Prosperous thoughts fill my mind and
cause all that I touch to prosper, flourish,
and succeed.*

PROSPEROUS ideas go right into the work that we do and establish prosperity and success. Conversely, the belief in lack and failure manifests itself as lack and failure if not neutralized by a consciousness of Truth. We can see that if we want to be prosperous we must think prosperous thoughts.

Prosperity always carries with it a sense of joy. Somehow, we always think that we have moved just a little closer to some ideal state when we are prosperous. Certainly, a condition of lack and failure could never be accepted as our normal or natural state, God's will for us.

Every belief in lack and failure must be dropped from mind in order that our ideas of prosperity and success have full reign. Every thought which limits our prosperity must be cast from mind. We must not consent to the race belief in depression, panics, failure, and poverty.

The mind of God quickens us to the consciousness of prosperity. We are quickened to the realization that detaches us from all belief in lack and failure.

Then thou shalt make thy way prosperous, and then thou shalt have good success.—*Josh. 1:8.*

*I relax from all strain, knowing that I
abide in the presence of God, perfect
peace.*

WE RELAX from tension and strain when we give up those thoughts which fill us with fear, tension, resistance, and worry. We relax in mind when there are no tension-producing thoughts to disturb us. We relax physically when we exchange tense thoughts for thoughts of peace.

Cease to live in a state of mental rebellion. Cease to become tense when those about you say or do something of which you disapprove. Live in the knowledge that there is a power within you which is mighty to do all things, regulate all affairs, make all adjustments. Leave the work to God.

You are not enjoying life as a child of God should enjoy it when you are mentally and physically tense. You cannot do your best work when you allow yourself to be in a condition of tension and strain. You can be aware of the presence of God, the presence of peace with you, only when you are relaxed.

Turn from those affairs of the day which seem to disturb you and realize that in Truth there is only God—only peace, love, and joy.

He leadeth me beside still waters.
He restoreth my soul.

—*Psalms 23:2, 3.*

Through Christ within me, I have dominion over myself and everything in my life.

THE POWER, dominion, and authority of Christ in us are ours when we act in His name. We have dominion over ourselves—over our mind, body, environment, and affairs. No other power can have dominion over us but the power of Christ. No other power can dominate us when we know Truth. No belief in discord, sorrow, disease, fear, or failure can take command of us when we realize our own power, dominion, and authority.

The power of God is the power of Truth, love, joy, health, and plenty. Even as there is but one God, so is there but one power in Truth. No adverse belief can exist in our world when we know that there is only God, only Truth. His power renders Him omnipotent.

We think, speak, and act by His authority when we are in that high consciousness where we realize His absolute authority—the authority of Truth, love, and heaven. The limiting beliefs of others have no power or authority over the Spirit of God within us. They have no dominion over us. We abide in the realization of our oneness with God.

The upright shall have dominion over them.
—*Psalms 49:14.*

MONDAY, OCTOBER 24

The forgiving, pardoning power of God expressing itself in me makes me quick and prompt to forgive.

FORGIVENESS is a process of giving a thought of good for a thought of evil. When we forgive, we exchange the belief in sin for the realization of man's perfection. Through forgiveness, we restore ourselves to that state of consciousness which we enjoyed before the thought of another's misdeeds was admitted to consciousness.

God is always willing and ready, quick and prompt to forgive. The personal man may stand his ground but, eventually, he must turn from personal consciousness and give in to the forgiving Spirit of God. There is no other way but that of forgiveness since God knows but the one way.

Can you forgive easily? Is it difficult for you to stand aside and let the forgiving work of God in the midst of you be done? Can you easily think beyond the offending thought and enter the consciousness of love you experienced before you let the thought of limitation, personal animosity, or bitterness enter your mind? If you can, then you can forgive. If you can cease thinking personal thoughts, you can forgive.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—*Matt. 16:19.*

The Truth of God is now established in my heart, and I no longer believe that fear, disease, or failure can be true of me, God's child.



RUTH, eventually, will rule us completely even as we shall sometime give ourselves unreservedly to the Spirit of God. When we grasp Truth clearly, we shall not believe that inharmony, fear, hate, sorrow, disease, want, or failure can be true. The wonder of our eternal peace, love, life, perfection, joy, abundance, and success will dawn upon us, and we shall no longer think of anything short of these.

Truth reveals to us our right relationship to God. We no longer believe that race beliefs in limitation and adversity are true of us. We give up a spurious philosophy of life for Truth. The teaching that has been handed down from one generation to another regarding man's being a victim of fear, disease, and failure is replaced by the Truth of Christ, and we believe that man is created in the image and likeness of God, that the truth about him is the truth of his innate perfection.

Who shall dwell in thy holy hill?

He that walketh uprightly, and worketh righteousness,

And speaketh truth in his heart.

—Psalms 15:1, 2.

WEDNESDAY, OCTOBER 26

The stillness of the presence of Christ within me draws my attention from all noise and confusion, and I am quiet and still.

AT THE HEART of your being is a place of absolute quiet. This is the secret place wherein your soul is ever in communion with Christ. Regardless of the noise and confusion of the outer world, its quietness remains undisturbed. The sense man may seem to react to things of the outer world but the Spirit within man is ever at peace, ever at rest, ever in communion with God.

The stillness of Christ's presence is the very stillness of heaven. When we find the inner presence of quiet, then we make contact with heaven and its blessings are showered upon us. The very power of heaven rushes to us when we make this inner connection.

Do persons and things of the world disturb you? Learn to turn from them, away from the belief in their power to irritate and annoy, and to turn to that inner realm where peace, harmony, joy, stillness, and quietness are found. This is the realm of Spirit.

You will not be concerned about what other persons think, do, or say when you find peace and poise within you.

Study to be quiet, and to do your own business.
—1 Thess. 4:11.

THURSDAY, OCTOBER 27

*I am enthusiastic about all that I do,
and I put myself into everything to
which I am related.*

ENTHUSIASM is an outer mark of a certain high state of consciousness in which we find an overflowing abundance of joy, energy, and life. A person cannot avoid being enthusiastic when he contacts these. He cannot be unresponsive and lifeless when he feels the joy of living.

If you seem to lack enthusiasm in what you do, if you are unresponsive to the friendly advances of those about you, you need to find the life, joy, and love within you that will respond to the outer need. Your work will show a certain lack of spirit, unless you put Spirit into it.

The enthusiastic person is one who has found an inner spring of joy and life which cannot be depleted. The more he expresses his enthusiasm, the more he has. He is but a channel through which joy and life are expressed. He is not easily tired because he realizes that he does not spend himself when he lets God's life and joy manifest themselves through him.

Life takes on a new aspect when we become enthusiastic about it. The monotony of living which many experience is overcome when they become enthusiastic about life.

Stir up the gift of God, which is in thee.—*II Tim. 1:6.*

The way of Spirit—the path of peace, health, and plenty—is now revealed to me. I recognize but one way, the way of Truth.

IN TRUTH, there is but one way, one path, that of Spirit. Man may be undecided as he considers two paths but in Truth there is but one. He may think that there are many ways before him but in reality peace and love and wisdom have but one road.

Does the way before you seem hard and difficult? In your heart of hearts, do you sometimes question your going this way? Probably you are on the wrong path. You may need to turn to the wisdom of Spirit and be directed aright. You may need to retrace your steps and find the way of Spirit.

The way of Truth is the way of light, peace, joy, love, health, plenty, and success. You find yourself on this path when you find yourself in the high consciousness of being led by the wisdom of Spirit. As a Truth student, you can take but one path, the path of light. If you are in darkness, the path of light has not been revealed to you.

There is but one way, the way of the one God. There is but one guide, one guidance.

Make straight paths for your feet.—Heb. 12:13.

SATURDAY, OCTOBER 29

Through my inner spiritual eye, I behold all things in their beauty of Spirit.

BACK of the fleshly or physical eye is the eye of Spirit, and when we are established in spiritual consciousness we can see with spiritual eyes. We can behold all things as they exist in Spirit. We can see beyond limitations and behold perfection.

You will come to the place where you are able to see back of disease and see health, back of fear and see courage, back of failure and see success. Your eyes will be opened to the things of Spirit, and you will see Truth manifest in its fullness.

Do you see only with difficulty? Do you blame your physical eyes for their seeming shortcomings? Try to get the inner vision of things. Cease to exert yourself to see, to strain your eyes, to tense the muscles and nerves in the eyes. You can see easily if you do not strain your eyes. Your eyes will not become tired if you learn to keep them relaxed while using them. Exercise your spiritual vision. Learn to see with the mind's eye.

Praise and bless your power to see. Never condemn it or limit it through thoughts or words of condemnation. You have power to see all things clearly and distinctly.

Every eye shall see him.—Rev. 1:7.

SUNDAY, OCTOBER 30

I am free from the habit of condemning myself or others, I praise and magnify the good.

WHEN we condemn ourselves, we place ourselves under a negative thought. When we hold ourselves in bondage to the thought of condemnation, we cannot be happy, healthy, and progressive. The condemnation thought serves as a clamp, as a barrier to advancement, as a deadening influence.

When we condemn others, we ourselves share in the condemnation. We cannot enter the consciousness of freedom and praise when we condemn. Praise has a tendency to cause us to expand with a sense of freedom. Even the slightest praise encourages us to press forward.

Condemnation causes a slowing up in mental and physical forces. When we condemn ourselves, we almost challenge ourselves to the point of not being able to do something. When we get into the consciousness of praise, we feel that we can do anything. We can see that condemnation blasts our hopes; praise quickens our faith.

If you have been given to the habit of condemnation, look for the good and praise it. Seek something to praise. Drop the habit of condemning yourself; look for your good points.

There is therefore now no condemnation to them that are in Christ Jesus.—Rom. 8:1.

I recognize but one God—God, the good—and I behold the universal unity of good now manifest in all things.



CREATION knows but one Creator, one God. If we have other gods before us, if we think of evil or disease or failure as having power, then we are disloyal to the One. If we believe in factions, differences, and separations, then we lose sight of universal unity. God, the One, is ever holding His creation together in the bonds of His love.

If you believe in an opposite of God, the good, then you believe in more than the One. If you think of something as having presence and power besides God, you believe in two gods, two beings, two powers. If you think that God, the good, is not in other persons, you are worshipping at a false shrine before a false god; you are believing that there is some place where God is not, some place where He fails to reveal His omnipresence.

In spiritual consciousness, there is but one God; one presence—the presence of good; one power—the power of good. In spiritual consciousness, there is no opposite of God, no separation, no lack of God's presence.

There is one body, and one Spirit, even as also ye were called in one hope of your calling; one Lord, one faith, one baptism, one God and Father of all.
—Eph. 4:4.

"OPEN DOORS"
...a
New book
by **FRANK B. WHITNEY**
Ready
November 1

Open Doors is a collection of popular and inspiring articles and poems that have appeared in *Unity Daily Word* in recent years.

Open Doors will be the only new Unity book published this year. It will make an ideal Christmas gift. Assure yourself of prompt delivery by sending your order now.

Bound in green cloth,
gold stamped, price

\$1

Flexible bound, \$2.

Unity School of Christianity
917 Tracy, Kansas City, Mo.

+

*In giving freely, we receive
The very things we fain would give!
While pointing others to the road,
We, too, in turn are taught to live!*

UNITY SCHOOL OF CHRISTIANITY, 917 TRACY, KANSAS CITY, MO.

Dear Unity:

I want to point the road to three of my friends, whose names I have listed below, by sending them each an eight-month subscription to *Unity Daily Word*. Please start these subscriptions at once, and send me a Prosperity Bank in which to save \$3 to pay for them. So that I, too, may be taught to live at this time, I am asking Silent Unity for special prayers for increased prosperity. I promise to do my part by working faithfully to set in action within myself the laws governing my prosperity.

1. Friend's name

Address

City State

2. Friend's name

Address

City State

3. Friend's name

Address

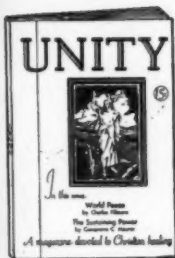
City State

My name

Address

City State

(8-19-32)



Unity

Changed Everything

The following excerpt from a letter speaks of definite results that were attained through the application of the teaching in *Unity* magazine.

Dear Unity:

"When I sent the money for my first subscription to Unity magazine I took the last money that I had in the world. I was nearly insane with worry. I was out of work, and apparently there was no chance for me to get work. I lacked confidence in my ability to do anything worth while. Unity changed all this.

"I was deeply in debt, too. That was a little more than two years ago. Now I have a large class of music pupils, and two positions as organist. I have paid all my bills, and next week the workmen start building my home.

"I used to suffer a great deal from lumbago and sciatica. All that has passed away. Now I do not have an ache or a pain."

Unity magazine is published monthly. Subscribe for it, and let it be the means of awakening you to a new consciousness of joy, health, and plenty. The price of a year's subscription is \$1.50.

UNITY SCHOOL OF CHRISTIANITY

917 Tracy, Kansas City, Mo.



IT MAY BE THERE

+

**Search thine own heart,
what paineth thee in
others, in thyself may be.**

—WHITTIER.

